



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Deirdre King (35y)** 

has successfully competed in  
**Ulster Ice Championships**

Wild Water Armagh

03-Dec-2016

**500m Freestyle in 09:23.00 minutes**

Overall 4th / Age Group (35-39y) 1st

**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 4.20°C, Wind Chill 4.20°C, 54.35° N



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

